

LAKE OF THE WOODS LIONESS

LOW DOWN

Volume 32, Number 3 — September 2016



President's Corner

By Lioness Barbara Hernan LOW Lioness President

www.lowlioness.org

Is September really here?

Where did the summer go? Summer is gone and September is really here. Children are back to school and school buses are back on the road. The pools will close and the beaches will start to become deserted. The leaves will begin to change into vibrant colors. Having so many trees in our community allows us to take in the beauty of nature.

We have a wonderful September event coming up, the Card Party and Fashion Show to be held on September 23rd at the Club House.

To me, whenever I think of September I can't help but think of the most horrific act and large loss of innocent lives. To think that several heinous, sick people had power for such an act is almost unbelievable. That day of September 11, 2001 at the Twin Towers in New York City is something I will never forget, nor will most of our Country. I was in Florida and my husband called and told me to turn on the television immediately. When I did, the second plane was just

flying into the tower. Then I saw the tower collapsing. In disbelief it was as if I was seeing part of a movie not real life. Then the chaos of all the people running down the streets in a panic, rescue workers sobbing knowing they had lost their family members and buddies, it was so overwhelming. Personally, it helps me to remember the families that have lost loved ones and the rescue people that did survive from the three vicious

attacks on that day, in my prayers. I am sorry to bring up something that is so sad, but I think it is something that we should never forget.

Let us look out to enjoy this month of September for the wonderful blessings we have in our special lake community. The weather will soon be great and the trees will soon be awesome. Enjoy it all.



WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—At least 2 food items in a reusable bag or double plastic bag. Especially needed, jelly and canned vegetables. If you have extra plastic bags at home and can double bag some, that would be great. It saves the workers time when they are helping the clients. **Also, please bring any empty egg cartons.**

SAFE House—See pg. 3

Baskets for Card Party and Fashion Show — See pg. 3

Lake of the Woods Lioness Club
Post Office Box 811
Locust Grove, VA 22508

Meetings are held at the LOW Club House on the 2nd Thursday of each month. Social hour at 5:45 p.m.

2016—2017 Board of Directors

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Maureen Otero

The Insider's View

Minutes from the
August 25th, 2016
BOD Meeting

ATTENDANCE: Barbara Hernan, Linda Shnayer, Caroline Caldwell, Donalda Lovelace, Michelle Senft, Nikki Buell, Ellen Bearden, Joyce Morlan, Millie Davis, JoAnn Deem, Carolyn Gordon, Maureen Otero, and Su Bielmeier.

CALL TO ORDER: President Barbara Hernan called the meeting to order at 7:00PM.

SECRETARY'S REPORT: The July 2016 minutes were approved.

TREASURER'S REPORT : Lioness Caroline Caldwell presented the Benevolence financials and Lioness Barbara Tomayko presented the Administrative financials for July and August 2016.

PRESIDENT'S REPORT: President Hernan received resignation letters from Lioness Patricia Watterworth, Lioness Sharon Allen, Lioness Judi O'Neill, and Lioness Jean Priest. All resignations were accepted with regret. President Hernan also received a thank you note from the July dinner speaker, Mary Wilks, from Cause for Paws.

OFFICER'S REPORTS

1st Vice President- Donalda Lovelace

- The Fall Card Party & Luncheon Committee, chaired by Lioness Jan Lemieux, reported the plans are well underway for another successful event to be held on September 23rd. Lioness' Joyce Morlan, Maureen Otero, Joann Deem, and Caroline Caldwell volunteered to sell 50/50 raffle tickets.
- Lioness Nicki Buell, Golf Tournament Committee Chair, reported a lack of sponsors and players for the Lioness Golf Tournament. Following discussion, the Board voted to cancel this event.

2nd Vice President – Michelle Senft

- Community Outreach – Lioness Senft reported the back to school drive was successful and collected supplies have been distributed.
- Food Pantry – In response to a request from Lioness Claudia Low, and following discussion, a motion passed to provide food drives in the months of October and May. These drives are in addition to our monthly food donations at dinner meetings.

3rd Vice President –Joan Mills

- Programs – In Lioness Mills absence, President Hernan discussed a request from Lioness Gail Hardin, Programs Committee Chairperson, to only have a scholarship program at our June 2017 dinner. The Board concurred with this request.

Membership – Joyce Morlan and Julie Phend

- Orientation/Induction of new members – Following discussion of reduced membership and waiting time for prospective members who have met membership requirements to be inducted, the Board concurred with more frequent induction ceremonies and orientations.

Lions Liaison– Su Bielmeier

- Food Pantry. Su reported last month 155 families visited the Food Pantry. Empty egg crates are needed for egg donations.

Without further business the meeting was adjourned.

Lioness Committees & Activities

Card Party and Fashion Show

By Lioness Theresa DiCicco, Event Chair

The 24th annual card party and fashion show will soon be upon us. Plans for the 23 of September are going well. If you will be attending, please get your reservations in to Jan Lemieux (\$26 per person) soon as this event will sell out. Want to attend just the fashion show and luncheon? No problem, call Jan for tickets at 540-972-8888. Luncheon will be a wonderful Mexican chicken salad with all the fixings plus desert. See you there!

Baskets & Items for These Baskets

By Lioness Carol Greeney

Do not forget to bring your medium and large **baskets** to the September Dinner Meeting. In addition, we need the **items** for these baskets; be sure to keep in mind THEMES--Spa, Italian, Golf, Tennis, Coffee Lover--you get the idea. Please place your baskets and donated items on the large table at the front of the Presidents' Room. Pat Berry and Joyce Morlan will be collecting the items for me that night. Yes, I will be out of town, but back in time to assemble these baskets. I will be assembling them on Tuesday, September 20 at 2:00 P.M. at my house, 222 Monument Road, and could certainly use some help. Email me at rcgreeney@comcast.net if you can give me a hand.

If you are unable to bring the items to the September meeting, please drop them off at my house AFTER September 17 and before the 20th. Thanks so much for continuing to *serve*!

SAFE House Collection

By Lionesses Phyllis Sakole & Susan Costanzo

We will be collecting donations for SAFE House at our September meeting. We will be parked in front of the Club House for collection before the meeting.

This month the women are in need of personal hygiene products such as shampoo, deodorant, body wash, toothpaste and tooth brushes, tampons, bar soap, disposable razors, etc.

Other needs include powdered laundry detergent, liquid dish soap, bleach, paper towels, and other paper products as usual. Cleaning supplies such as antibacterial wipes are always welcomed.

If you aren't able to shop, please consider donating a check made out to S.A.F.E., with "LOW Lioness" in the memo line.

Thanks, as always, for your generosity toward those less fortunate and the organizations providing them crucial support.

Lioness Committees & Activities

Share and Care

By Lioness Ann Walker

- Susan Oldach is recovering from knee replacement surgery and doing very well. She hopes to be at our September meeting.
- Isabella Irwin fell and fractured her arm, but is slowly getting better.
- We extend our deepest sympathy to Lioness Past President Zoila Ortega and her family on the loss of her mother.
- Sherri Lasover's husband, Stan, had shoulder surgery last month. He is making a very good recovery, but we really miss him, as he is such a wonderful help to us with the book sale.

If you know of a Lioness in need of our caring thoughts, please contact Ann Walker: 972-4338.

Thank Your for School Supplies

By Lioness Michelle Senft

I want to say thank you to my fellow Lionesses for what they contributed to our Back to School Supply Collection at August's Lioness meeting.

We collected enough supplies to share them with Locust Grove Primary School, Elementary School and SAFE House. The schools said thank you; it is nice to know our collection of supplies are appreciated and will be put to good use. Thank you again for your generosity.

With Lions at Wilderness Food Pantry

By Lioness Donalda Lovelace



Recently we had a visit from Past District Governor Lion Sharon Hart and Lion Greg Hart. They were here to donate medical equipment. While they were here Lions and Lionesses visit the Wilderness Food Pantry for a tour with Lion Dave Frances and Lioness Nikki Buell. From left to right — Lioness Barbara Hernan, Lion Reggie Gavett, Lioness Nikki Buell, Lion Dave Frances, Lioness Donalda Lovelace, Lion Greg Hart and Lion Sharon Hart.

September Program

By Lioness Gail Hardin

Marion Pronk, Director, LOW Players will give us a sneak preview of the upcoming play, Man of La Mancha, to be presented at the Community Center in October. As a special treat, she will also bring some cast members to sing three songs from the play.

Lioness Committees & Activities

Child Help Ice Cream Social

By Lioness Carolyn Gordon

There are two openings left for the Child Help Ice Cream Social that will be held Friday, September 16th from 1:00 p.m. - 3:00 p.m. Volunteers will meet at the lower level of the clubhouse parking lot at 12:15 p.m. If you would like to participate, call Carolyn Gordon, Child Help Committee Chair at 972-4656. to see if there are still openings available.

White House Christmas Ornaments

By Lioness Gail Hardin



It's not too early to think about Christmas! We will be selling the 2016 White House Christmas Ornament for \$21 each. Perfect for every tree, this year's official *White House Christmas Ornament* honors Herbert Hoover and is inspired by the fire engines that responded to the 1929 Christmas Eve fire at the White House. The ornament is crafted from shiny brass plated with nickel and 24-karat gold, and the engine carries a Christmas tree for delivery to the White House.

They will be ready for pick up in early December. This is a great ornament to place on your tree or to give as a special gift. Order forms will be available at the dinner meeting or you can call Gail Hardin (972-5698). The proceeds will go to the Benevolence Fund.

Lioness who need a ride to the Dinner
Meeting please call Lioness
Donalda Lovelace
540-412-2857

Did You Know — Ellen Bearden

By Lioness Elaine Freeland

One thing I am convinced more and more is true and that is this: the only way to be truly happy is to make others happy. When you realize that and take advantage of the fact, everything is made perfect. William Carlos Williams of Rutherford, NJ, Pulitzer Prize winning poet, best friend of Ezra Pound and childhood pediatrician of Ellen Kreutzer Bearden.

Ellen and her family moved from Wallington to Rutherford, NJ when she was two. Her father, a banker in NYC, walked to the end of the street and caught a bus into the city for 48 years. Growing up, Ellen fondly remembers family outings to NYC museums and time at the Jersey Shore. She experienced freedom in her teenage years that allowed frequent trips to the city with her friends. Once they skipped school to watch a ticker tape parade for the astronauts. Other times, she had written permission from her mom. After watching a parade on Wall Street, she and her friends would meet her dad who worked nearby for lunch. In school, Ellen was a JV cheer leader, a color guard and was active in intramural sports, mainly volleyball. And there were the high school service clubs with the Nurses Club being the focus. Rutherford was a tight knit community, and with her mom being a school nurse, Ellen was always under threat should she consider misbehaving.



It was almost predestined that Ellen and her twin sister, Lynne, would become nurses and join the ranks of their mom and older sister, June. Brother Dave is an engineer. Ellen and Lynne graduated from nursing school at Jersey Shore Medical Center. Ellen began her nursing career at Hackensack Hospital in surgical intensive care.

During a visit with Lynne and her husband, a member of the Navy stationed in Puerto Rico, Ellen met Bill Bearden, a photo journalist also with the Navy. After getting married, there were a series of 1-year Naval assignments beginning with Puerto Rico, and then Miami where their son Shawn was born in 1972. Remaining in FL, they were then located in Pensacola, a favorite, where Bill completed a program in advertising and Ellen returned to nursing in surgical intensive care. The next assignment took the young Bearden family to Greece. Ellen, Bill and Shawn took advantage of the historic location. They lived in a regular Greek neighborhood, and Shawn, a toddler, learned to fluently speak the language of the neighbors. Special Services provided sightseeing trips across the country. The following move took them to the Washington, DC area where Ellen worked the surgical floor at Circle Terrace, a small hospital in Alexandria. When Shawn was in second grade the Beardens moved to Woodbridge and Ellen worked for a pediatrician.

After Bill retired from the Navy, the family moved to eastern Prince William County where they had built a house. Ellen returned to school at GMU and earned a degree in upper elementary education while working part time at Circle Terrace. After 22 years in the nursing profession, Ellen began teaching 4th grade in Woodbridge. Opportunity soon knocked with the state of Virginia mandate to have counselors in elementary schools. Ellen was accepted into the program and earned a Master's Degree from Virginia Tech. The new position as counselor allowed her to combine the mental health aspects of her nursing profession and the teaching of her new career. Ellen is proud of the students and parents she was able to touch with the programs she implemented.

Ellen and Bill rented a house at the lake while their new home was built. Ellen devoted 18 years to the teaching profession, retiring in 2004. Both enjoy golfing, and they love to travel. Eight river cruises have taken them throughout Europe, China and Russia. They also retreat to their condo in Ocean City, MD.

Ellen's has 2 step daughters. Rhonda lives in Colorado, and Laurell lives in Vermont. Her son Shawn is a professor of physiology at Idaho State University and is quite an athlete. Check out his website: <http://www.scienceofultra.com/about/>. Ellen and Bill have 5 grandchildren.

Sponsored by Barbara Alexander, Ellen has been a Lioness since 2006. She has served as secretary and is currently serving as co-tamer.

From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club September 8th Dinner meeting will be held at the Clubhouse with a 5:45 p.m. social gathering followed by dinner at 6:30 p.m. Please remember to call or email the Tamers by Monday, September 5th if you are not attending or need a special meal. Dinner will be buffet style. **If you order the alternative salad for your Meal, the house salad and buffet items are not included.** A no-call or no-show will cost you \$18.00 if you are unable to attend this meeting,

Tamers:

Ellen Bearden (972-9595) Email: bebearden@verizon.net

Nikki Buell (412-0104) Email: nbuell113@comcast.net

NOTICE: We RSVP E-mails & phone calls. If you can't attend, you may have your meal picked up.

In consideration of others at our dinner meetings, Lionesses are asked to kindly refrain from beginning their salad until after the invocation and introduction of guests. Thank you.

Dinner

House Salad
Baked Tilapia with Lemon
Cream Sauce
Broccoli
Red Bliss Potatoes
Carrot Cake
Coffee & Tea

Alternate Menu

Chicken Strawberry
Salad

Twister's Corner

By Lioness Kathy Walters

Can you believe this month we will be celebrating the beginning of Autumn? Here is a lovely poem to put you in the mood

AUTUMN WOODS

by James S. Tippet

I like the woods in autumn
When dry leaves hide the ground,
When the trees are bare
And the wind sweeps by
With a lonesome rushing sound.
I can rustle the leaves in autumn
And I can make a bed
In the thick dry leaves
That have fallen
From the bare trees overhead.

Greeters are Carol Lee and Gail Stoner

LOW Lioness 2016-2017Calendar

Sept 8 Lioness Dinner Meeting
Sept 22 BOD Meeting
Sept 23 Card Party and Fashion
Show
Sept 24 Lioness Book Sale

Happy Birthday Lionesses!

September 1	Joan Mills	September 18	Donalda Lovelace
September 2	Susan Costanzo	September 19	Betty Beck
September 8	Ellen Bearden	September 19	Bonita Doubleday
September 9	Melissa Daly	September 23	Sue Merna
September 10	Janite Hamilton	September 26	Frances Bloss
September 14	Ann Wood	September 26	Kathi Martin
September 17	Hilda Valenta Seary	September 28	Mary Szadvari
September 18	Mary Altman		

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

Please get information and articles for the October LOW DOWN to me by September 27th or as soon thereafter as possible. The newsletter will be distributed on or about the first of each month. Forward them by email at the address below, or call me if you don't have access to email..

Email: gail_hardin@yahoo.com
Phone: (540) 972-5698

Handbook Corrections

Please forward any additions, changes, or corrections to your Handbook to the Editor (see contact information to the left of this column.)

Resignations:

Sharon Allen

Judi O'Neill

Jean Priest

Pat Watterworth

The Lake of the Woods Lioness LOW DOWN is published monthly by the Lake of the Woods Lioness Club, P.O. Box 811, Locust Grove, VA 22508, Gail Hardin, Editor.

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